The Chaplain and Notification

Also

Tools for your Change, Loss, and Grief Support Toolbox

Together we can

Agenda

- What you can expect from your Chaplain concerning the notification process.
- The impact of Change, loss, and death
- Positive Steps you can take in the midst of loss, etc.
- http://www.journeyofhearts.org/jofh/grief/

Together we can
and we will!

What can you expect

- Someone who is there for you.
- Someone who will listen to hear you.
- Someone willing to stand by when you cannot speak.
- Someone who will pray with you and accept you as you are.

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What is Change?

**You gain strength, courage and confidence,
by every experience in which you really stop to look fear in the face.
You are able to say to yourself,
"I lived through this horror. I can take the next thing that comes along."**
You must do the thing that you think you cannot do.

Eleanore Roosevelt

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What is Loss?

Circumstances and situations
do color life.
But you have been given
the mind to choose
what the color shall be.

John Homer Miller

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What is Grief?

Grief is a reaction to a loss, any loss.

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Grief explained further

It is best not to think of grief as a series of stages. Rather, we might think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

http://www.hospicefoundation.org/grief/index.htm

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and we will!